

Spousal Acceptance as Primary Caregiver of a Person with Schizophrenia

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Abstract

Caregiving roles are often correlated with negative phenomenon but recent studies about positive psychology are increasing and the role of caregiver is slightly changing to the subjective gains. Acceptance, which assent the reality of someone in certain circumstances (that often associated with uncomfortable or unfortunate event) influences a lot on one's self-acceptance, which is crucial for the improving well-being of a caregiver. Using a qualitative phenomenology approach, this study took the data through a semi-structured interview with 5 people as the primary caregiver of a person with schizophrenia who lives in Yogyakarta. The data was analyzed using Interpretative Phenomenology Analysis (IPA). The awareness during onset transition and adjustment to the new circumstances were found to help caregivers in accepting their new role as caregivers for their spouses with schizophrenia.

Keywords: *caregivers, phenomenology, schizophrenia, acceptance*

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Abstrak

Peran *caregiving* sering kali berhubungan dengan fenomena negatif, tetapi penelitian terkini mengenai psikologi positif sedang meningkat dan menunjukkan bahwa peran *caregiver* perlahan bergeser dari beban subjektif menjadi keuntungan subjektif. Penerimaan seseorang (yang biasanya dikaitkan dengan kejadian-kejadian yang kurang nyaman atau merugikan) mempengaruhi penerimaan diri dengan sangat signifikan, sehingga penting bagi peningkatan *well-being caregiver*. Penelitian ini menggunakan pendekatan fenomenologi kualitatif dengan pengambilan data melalui wawancara semi-terstruktur kepada lima *primary caregiver* yang merupakan pasangan orang dengan skizofrenia yang tinggal di Yogyakarta. Data yang diperoleh dianalisis dengan menggunakan *Interpretative Phenomenology Analysis* (IPA). Hasil penelitian menunjukkan bahwa kesadaran saat masa transisi awal dan adaptasi dengan keadaan baru dapat membantu penerimaan peran baru pasangan sebagai *caregiver* orang dengan skizofrenia.

Kata kunci: *caregivers*, fenomenologi, skizofrenia, penerimaan